

SWIMMERS HAVE HEALTHY BODIES

Dr. Ostrom Points Out Where Aquatics Wonders Helped Make History in Centuries Gone By.

IS BEST METHOD OF EXERCISING

All Good Water Performers Have Perfect Forms—Urges Local Men and Boys to Enroll at Y.

BY DR. LOUIS OSTROM.

Dr. Chailin in "Ivar the Viking" relates of the swimming contest between Hjalmer and Thorgrim, the victor being expected to drown his opponent. As soon as they met Thorgrim thrust him down into the deep. No one on shore could see what they were doing, for they were both far under the water, though the sea boiled over them. After a time it became quiet and Thorgrim swam to shore. The spectators had to conclude that their favorite, Hjalmer, was drowned. That evening, during the banquet, while Thorgrim was being hailed as champion, Hjalmer walked into the hall greeted with shouts of joy. He advanced to the seat of Thorgrim and placed on his knee the knife Thorgrim had worn in his belt when swimming. Then everybody knew that Thorgrim had carried a knife which Hjalmer had taken away from him, and yet spared his life.

At another time, Ivar and Oliver had a similar contest, and Ivar disappeared for so long that they thought him drowned, but after a long time he appeared. He had caught a very large seal and with both hands on its bristles, steered its way out, and back to shore again, when he let it go. Similar tales thrill us in the "Leath-

er Stocking Tales" when the Indian Lucas escaped by making a long dive. In "Les Miserables" Jean Valjean escaped from the prison ship by means of a long dive. In recent time we also have wonderful swimmers and divers, such as the duke from Hawaii who used to amuse foreigners by capturing sharks while swimming. This can be seen today at any time among the natives of Bermuda or the West Indies.

In order to accomplish these feats in water the swimmer must have a good chest and lung development, in order to resist the water pressure, and to hold his breath up to, in authentic instances, five minutes. In our vaudeville we see divers who easily remain under two minutes in plain view of the entire audience.

Must Breathe Right.

This means that most of us, when we try to do these stunts, usually come up to "blow" before 30 seconds are up, or to put it plainly, we have weak chests, weak lungs and a weak heart. We may not become expert, or even good swimmers, but when we are in water long enough and often enough, we soon learn that we must breathe right and deep; we must exercise enough to stand the strain; we learn to quit blowing our nose, thus forcing water in the ear, and to value our mainstay, heart and lungs.

It is hardly probable that anyone ever acquired tuberculosis who was a good swimmer and took ordinary care of himself to keep in condition. Already this summer too many have drowned because they could not swim, and this in face of the fact that the Y. M. C. A. has even offered free instructors. Last but not least, look at any real good swimmer, man or woman, and you behold a most wonderful and perfect figure.

COURT HOUSE NEWS

Gust W. Johnson was given a fine of \$25 and costs and one day in county jail by Judge N. A. Larson this morning on a charge of resisting an officer.

Pantaleon Garcia got six months in county jail this morning when he faced County Judge N. A. Larson on a charge of assault with a deadly weapon. The court took into account the 75 days which the defendant has already served, leaving 110 days as the time he is to remain in jail.

"MY HAIR DRESSER SAYS that there are thousands of new hairs coming in my head. I use Every Week Anti-Septic Oil Shampoo every week or ten days and my hair is softer and easier to handle than I have ever known it." 50c at Harper House pharmacy.

LOOK about and you will see the evidence of the growing vogue of Goodyear Cord Tires.

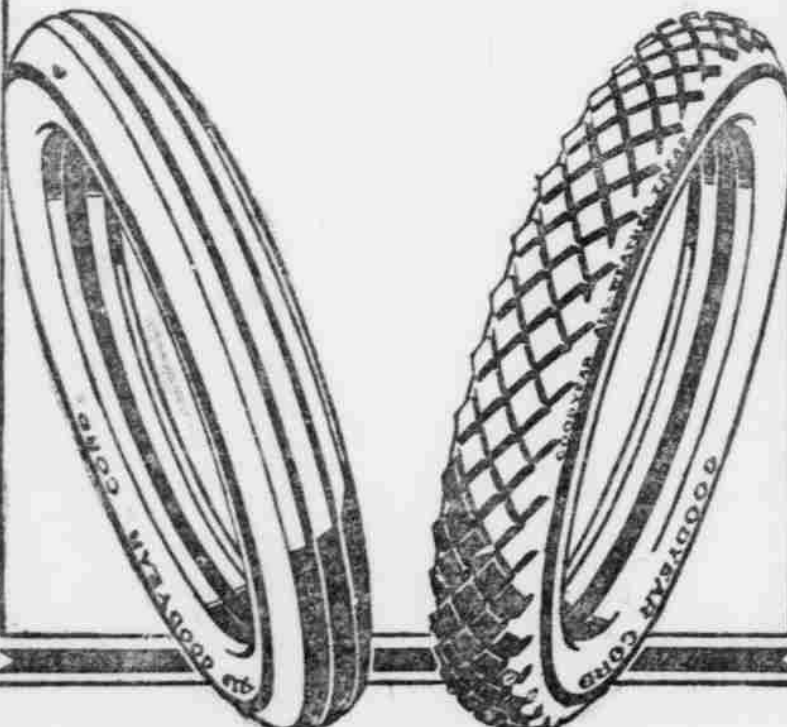
You will see them on high-priced cars, medium-priced cars, low-priced cars.

Because the owners of all cars are keen for the tire and fuel economy, for the easier riding, for the freedom from stone-bruise and blow-out which are the outstanding features of Goodyear Cord Tires.

Goodyear No-Hook Cord Tires are made strong, safe and sturdy by these unique advantages:
Jars and jolts are combated by great oversteer and the suppleness of Goodyear Cord construction.
They are easy to put on and take off because they do not rust fast to the rim.
Bumps are lessened by our No-Rim-Cut feature.
Punctures and skidding are reduced by our double-thick, All-Weather Tread.
Loose Treads are diminished by our Wrapped Tread Process.
Blowing off the rim is prevented by our Braided Piano Wire Base.

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ILLINOIS FOURTH AS AN OIL STATE

More Than Nineteen Million Barrels Market Last Year, Federal Statistics Show.

AVERAGE PRICE IS 80 CENTS

Crawford and Lawrence Counties Hold the Lead in the Amount of Productions.

The quantity of petroleum marketed in 1915 from oil fields of Illinois, according to statistics compiled by J. D. Northrop of the United States Geological survey was 19,041,695 barrels, which is less by 2,878,054 barrels, or 13 per cent, than the corresponding output in 1914.

The distribution of this output, by months is shown in the following table:

Month.	Barrels.
January	1,614,026
February	1,542,383
March	1,761,099
April	1,643,479
May	1,638,733
June	1,603,733
July	1,636,832
August	1,593,435
September	1,535,040
October	1,533,972
November	1,452,285
December	1,486,577

Total 19,041,695.
The average price received for this oil at the wells was 80c a barrel, and the total market value was \$15,655,850, a decrease of 18c in average unit price and of \$6,770,329, or 27 per cent in total value from 1914.

As a consequence of this decline in output Illinois goes to fourth place in the rank of oil-producing states; third place being taken in 1915 by Texas.

The abnormal decline in oil production in Illinois is due largely to the absence in the oil market of any incentive for active drilling in proved areas or in wildcat territory until too late in the year to affect the statistics of production. A total of 757 wells were completed in 1915, as compared with 1,579 in 1914 and 1,721 in 1913. The borings completed in 1915, comprise 539 oil wells, 19 gas wells, and 199 dry holes.

More Drilling Done.

The combined yield of the oil wells completed in Illinois in 1915 for the first day of productive life amounted to 14,165 barrels, an average of 25 barrels for each well. Crawford county led in field activity of new production, its 128 new wells being rated at an average of 49 barrels each, as against 153 wells rated at an average of 12 barrels each in Crawford county.

The modern activity in the productive areas of southern Illinois resulted in no important extensions or discoveries during the year. Early in December a completed wildcat well was reported good for eight barrels of oil the first 24 hours. This well, which is three miles southwest of the Allendale pool, in Wabash county, furnished an incentive for additional drilling in that locality with the hope of developing a new pool.

In the western part of the state wildcat activity in July added a second small pool, three miles west of the Hoing pool, to the Colmar district, in Lamotte township, McDonough county, but failed to advance the



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The quickest, safest, and most "womanly" way to remove hair from the face, neck, arms is by waxing it off with E. J. Rad's, a sanitary liquid toilet preparation, easily applied with a piece of absorbent cotton. E. J. Rad's is more agreeable to use than the razor, and does not cause later hair growth, as after shaving. Thoroughly hygienic; money-back guarantee. 50c and \$1.00 at all toilet counters.

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boundaries of the proved area westward into Hancock county, or southward into Schuyler county.

Operations on the "Stanton dome," in Macoupin county, resulted early in June in the opening of a prolific gas field about two miles northwest of Stanton. Development work was, however, retarded by litigation between the gas and coal companies, whose interests conflicted in this locality, and by the absence of an existing market for the gas. Activity was slight in the Sandoval pool, Marion county, and in the Carlyle pool, Clinton county. Unsuccessful but interesting tests were completed near Hillsboro, Montgomery county; Rushville, Schuyler county; Steelville, Randolph county, and Lima, Adams county.

Road Notice.

Sealed proposals for state-aid road improvement in Rock Island county, known as section D, on route 3, will be received at the office of the state highway commission, Springfield, Ill., until 11 o'clock a. m. July 19, 1916, and then publicly opened.

Proposals shall be made on forms furnished by the state highway department and shall be enclosed in an envelope addressed State Highway Commission, with the following notation thereon: "Proposal for State-Aid Road, County Rock Island, Section D, Route No. 3."

The engineer's estimate for this work, exclusive of such materials and equipment as will be furnished by the state, is \$6,424.42.

Length of improvement, 3,000 feet.

Pavement: Type, gravel; width, 15 feet.

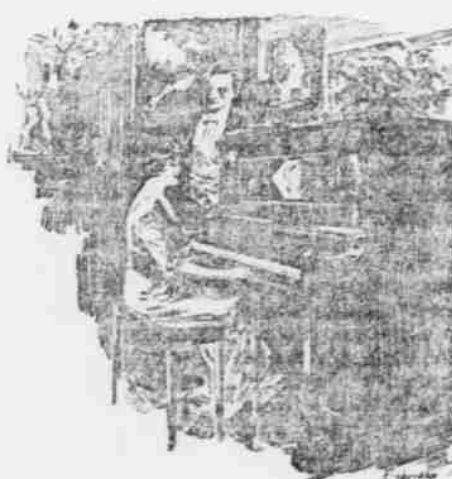
Nearest railroad passenger station, Watertown.

Detailed information of the work to be done may be had by examination of the plans, specifications and estimates on file in the offices of the county clerk and the county superintendent of highways of said county, and in the office of the state highway commission.

By order of the state highway commission WILLIAM W. MARR, Chief State Highway Engineer.

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A. P. Griggs, mahogany **\$150**
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INVESTIGATE NOW—NEXT WEEK MAY BE TOO LATE.

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121 East Second Street.

Phone 921.

EXPECT HUNDREDS TO ATTEND MEET

Illinois Valley Section of State Teachers' Association to Convene in Moline Oct. 12 to 14.

"AMERICANIZATION" IS THEME

County Institute to Be Held in Rock Island Aug. 28 to Sept. 1—Have a Strong Program.

Moline is to entertain the Illinois Valley section of the State Teachers' association, Oct. 12 to 14, according to announcement made today at the office of Miss Lou Harris, county superintendent. Hundreds of instructors will attend, as this sectional gathering includes the counties of Rock Island, Mercer, Henry, Knox, Warren, Henderson, McDonough and Hancock.

An unusually attractive program is being arranged. Some of the specialists who have tentatively agreed to come are: Hamilton Holt, editor of the New York Independent; Hutchins Hapgood, New York, noted author; Philip Davis, Boston, writer; Frederick C. Howe, New York, commissioner of immigration; Charles P. Emerson, Indianapolis, dean of state medical society; Dr. H. H. Wharton and Arthur W. Dunn, from the United States bureau of education; Arthur Bestor, Chautauqua, N. Y., president of Chautauqua association.

The theme for the meeting will be "Americanization." Last year the gathering was held at Monmouth and was a big success, and it is thought that the program arranged this year will be sufficient inducement to even excel the attendance at the Maple City.

Institute Planned.

The Rock Island county institute

is to be held in Rock Island Aug. 28 to Sept. 1. A strong corps of instructors is being secured and the teachers are looking forward to the session with much interest.

FAMILY WASHINGS

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